



5 A Day Recipes

Soups and Stews

Cool-as-a-Cucumber Soup with Garden Peas and Cherry Tomatoes

Serves 4

- ¼ medium sized yellow onion
- ½ cup low fat yogurt
- 1 cup non-fat sour cream
- 2 tablespoons white or red wine vinegar
- 3 tablespoons freshly squeezed lemon juice
- 2 large cucumbers, peeled, seeded and sliced*
- 1 cup cooked frozen peas
- 1 pint cherry tomatoes
- Salt and pepper to taste

Blend the onion, yogurt, sour cream, vinegar, and lemon juice in a blender until smooth. Gradually add the cucumber pieces and 1 cup peas in small batches, turning off the blender before adding and blending until smooth before adding more. Blend

until completely smooth, and refrigerate the resulting soup until it's chilled. Divide the soup between four shallow bowls. Divide the remaining peas and the cherry tomatoes among each bowl, arranging them on top of the soup. Add salt and pepper to taste.

Nutritional Analysis

Calories: 138

Fat: 1 g

Cholesterol: 4 mg

Fiber: 5 g

Sodium: 131 mg

*How to peel and seed a cucumber: With a vegetable peeler, peel the cucumber vertically using long strokes. Slice off each end, and slice the cucumber lengthwise into two long pieces. With a small spoon, scoop out the seeds. Then slice the cucumber into bite sized pieces so they will be easily pureed in the blender.

This is an official 5 A Day recipe and provides four people with about two servings of vegetables.